

# WARNING

## INDIVIDUALS LEAVING TREATMENT OR JAIL/PRISON ARE AT HIGHEST RISK FOR A **FATAL DRUG OVERDOSE!**

- Tolerance for heroin or pain killers goes down very quickly when you stop drug use – such as during time in a treatment program or correctional facility (even if in a medication assisted program). *Anyone leaving treatment or jail is at risk of a fatal overdose if they use these drugs at the same rate, even just once.*
- An opioid overdose can slow your breathing to the point of death. Death usually occurs 1 to 3 hours after use, rather than suddenly.
- The number of drug-poisoning deaths in 2014 was 47,055

### What should I do if I see an overdose?

- Call 911 immediately!
- Say "I think someone may have overdosed"
- If person isn't breathing, do rescue (mouth-to-mouth) breathing by pinching the nose and blowing into the mouth
- Administer naloxone (Narcan) if you have it
- Lay the person on their side once they have resumed breathing & stay with the person until an ambulance arrives

#### Get a FREE Narcan Kit at:

Attend a free NARCAN Training  
Call for the next available date.

Project Safe Point  
(518) 449-3581 ext 126

Or

The Prevention Council  
(518) 581-1230 ex 3632

The effects of Narcan are temporary and require emergency medical attention to prevent a return of overdose symptoms.



The PREVENTION COUNCIL  
Helping youth navigate life's challenges



# You Can Save A Life!

## FREE One Hour Training in Heroin/Opioid Overdose Prevention

The Recovery Community Center offers  
a class every month: 4 pm – 5 pm

Tuesday April 11<sup>th</sup>  
Tuesday May 9<sup>th</sup>  
Tuesday June 6<sup>th</sup>  
Tuesday July 11<sup>th</sup>  
Tuesday August 8<sup>th</sup>  
Tuesday September 12<sup>th</sup>  
Tuesday October 10<sup>th</sup>  
Tuesday November 14<sup>th</sup>  
Tuesday December 12<sup>th</sup>

- Learn the signs and symptoms of heroin and opioid overdose.
- Learn how to use NARCAN to respond to an overdose situation.
- Receive a FREE Naloxone (NARCAN) kit to carry and use.



SARATOGA RECOVERY COMMUNITY CENTER  
125 High Rock Ave  
Saratoga Springs NY, 12866  
Entrance located off the back parking lot

**To register or for more information contact**

**The Prevention Council at 581-1230 x3632  
or [ccfw-pfs@preventioncouncil.org](mailto:ccfw-pfs@preventioncouncil.org)**

**Walk-ins welcome**

**For other NARCAN training dates contact**

**Project Safe Point of Catholic Charities**

